

9. CLAIMS

- (1) A method that uses verbal suggestion, relaxation, visual images, music, various sounds or part thereof in a wide field of view display, such as a projection screen, or head mounted display to create a partially immersive virtual reality environment for inducing relaxation and/or altered states of consciousness; wherein said altered states of consciousness are hypnosis, guided imagery or meditation.
- (2) A method that uses verbal suggestion, relaxation, visual images, music, various sounds or part thereof in a wide field of view display, such as a projection screen, or head mounted display to create a fully immersive virtual reality environment for inducing relaxation and/or altered states of consciousness; wherein said altered states of consciousness are hypnosis, guided imagery or meditation.
- (3) Use of said altered states of consciousness and/or relaxation according to claims 1 and 2; wherein said altered states of consciousness and/or relaxation are used in methods for the treatment for psychosomatic diseases of humans. Examples of psychosomatic diseases include, but are not limited to, irritable bowel syndrome, herpes simplex, headaches and stomach cramps.
- (4) Use of said altered states of consciousness and/or relaxation according to claims 1 and 2; wherein said altered states of consciousness and/or relaxation are used in methods for the treatment for somatic diseases of humans. Examples of somatic diseases include, but are not limited to, irritable bowel disease, arthritis, multiple sclerosis and cancer.
- (5) Use of said altered states of consciousness according to claims 1 and 2; wherein said altered states of consciousness and/or relaxation are used in methods for the treatment for behavioral disorders of humans. Examples of behavioral disorders include, but are not limited to, attention deficit disorder, attention deficit hyperactivity disorder, post trauma distress disorder, postnatal depression, bulimia and obesity.
- (6) Use of said altered states of consciousness and /or relaxation according to claims 1 and 2; wherein said altered states of consciousness and/or relaxation are used in methods for the treatment of phobias in humans. Examples of phobias include, but are not limited to, fear of dogs, spiders, snakes, flying, heights and ships.
- (7) Use of said altered states of consciousness and/or relaxation according to claims 1 and 2; wherein said altered states of consciousness and/or relaxation are used in palliative care. Examples of treatments used in palliative care include, but are not limited to, grief and fear of death.
- (8) Use of said altered states of consciousness and/or relaxation according to claims 1 and 2; wherein said altered states of consciousness are used in methods for the treatment for trauma and physical injury in humans. Examples of trauma and physical injury include, but are not limited to, burns, post surgical wounds, puncture wounds and ulcers.
- (9) Use of said altered states of consciousness and/or relaxation according to claims 1 and 2; wherein said altered states of consciousness and/or relaxation are used in methods for the treatment of mood disorders in humans. Examples of mood disorders include, but are not limited to, anxiety, panic disorders and depression.
- (10) Use of said altered states of consciousness and/or relaxation according to claims 1 and 2; wherein said altered states of consciousness and/or relaxation are used in methods for the management and/or treatment of pain in humans.
- (11) Use of said altered states of consciousness and/or relaxation according to claims 1 and 2; wherein said altered states of consciousness and/or relaxation are used with or without chemical agents to anesthetize humans for surgical procedures.
- (12) Use of said altered states of consciousness and/or relaxation according to claims 1 and 2; wherein said altered states of consciousness and/or relaxation are used to alleviate boredom.
- (13) Use of said altered states of consciousness and/or relaxation according to claims 1 and 2; wherein said altered states of consciousness and/or relaxation are used with or without chemical agents to assist with childbirth.

- (14) Use of said altered states of consciousness and/or relaxation according to claims 1 and 2; wherein said altered states of consciousness and/or relaxation are used in methods for the improvement of skill development in sport, work or any other physical endeavor.
- (15) Use of said altered states of consciousness and/or relaxation according to claims 1 and 2; wherein said altered states of consciousness and/or relaxation are used in methods for motivating humans involved in sport, work, war or any other endeavor that requires motivational modification.